

## Mike McKay - Manager of Coach Education and Development

What follows is a progression that starts with one player doing a self toss. It builds through to playing 2 on 2. By staying with the same drill and loading it with additional concepts the players can focus on learning the concepts not the drill. By tossing to different spots we add in an element of spontaneity.



### Toss drills

**Self toss** – player need to work on this skill.

Although it is never used in a game it is an important skill for working on our game.

#### Toss

- ❑ **Low** - this promotes "loading" the legs and hips to catch the ball. A high toss does not requires bending.
- ❑ **Away from the tosser** - this means the tosser must move to get the ball. Run through the ball.
- ❑ **Back spin** - it makes the ball stop and pop up on the bounce. Over spin will make the ball run away from the player

#### Stop

When stopping the players need to be on balance in a low loaded position. The players can practice different ways to stop:

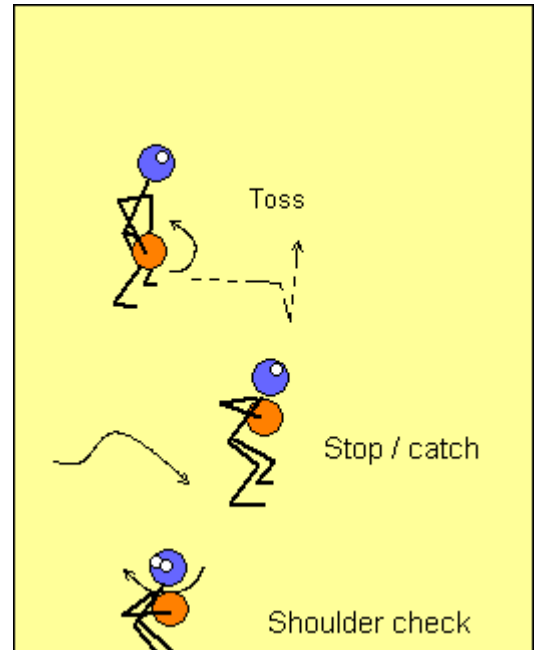
- ❑ 1-2 stop ending with their back to basket
- ❑ 1-2 stop with a "cut off foot" - here the player steps with the inside foot to the basket. As the ball is caught the player swings the second foot down to the ground. The player is squaring to the basket on the catch.
- ❑ 2 foot stop or jump stop landing with back to the basket.
- ❑ 2 foot stop landing with a turn.

#### Catch

The ball needs to be tight to the body in a protected position. Depending on the situation the ball can be in the hip or shoulder pockets.

#### Shoulder check

This is a little peek over the shoulder to scan the floor. It should precedes the pivot.



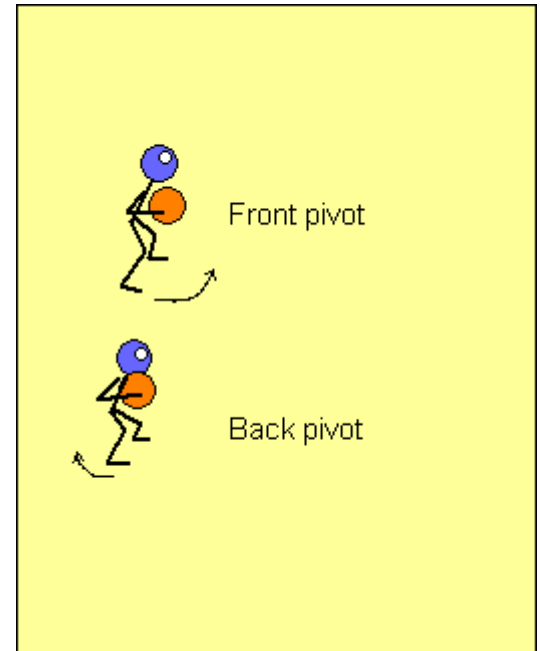
## Pivots

The players should work on their four different pivots:

- ❑ Front pivot right foot
- ❑ Front pivot left foot]
- ❑ Back pivot right foot
- ❑ Back pivot left foot

Load the drill

- ❑ Add fakes before pivoting
- ❑ Pivot with the ball in different pockets

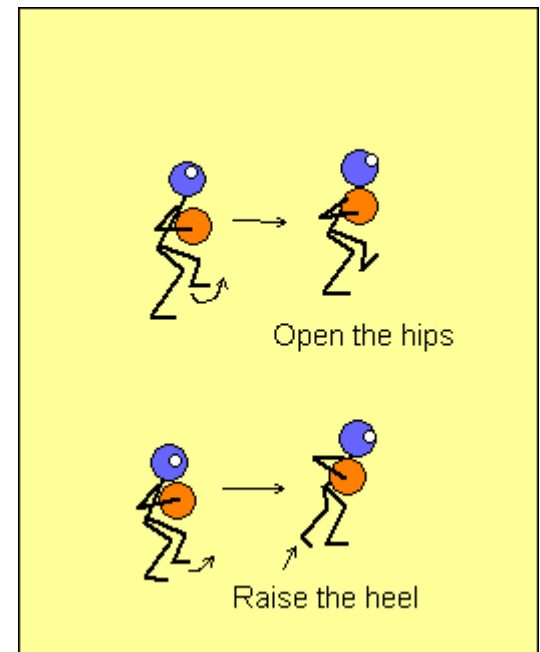


## Advanced point to consider

It is very important that the players stay low on their pivots. It is impossible to keep the majority of your body weight on your pivot foot while at the same time twisting on that foot. By spinning on the heel first before pivoting on the ball of the foot it allows the player to:

- ❑ keep weight on the pivot foot
- ❑ open the hips
- ❑ keep the knee in line with toe to prevent twisting the knee
- ❑ gather their weight and stay low

When the players pivot by shifting their weight forward first they have tendency to raise the back heel. This puts them a position of poor balance. It is also slower and more difficult to get your weight going back in the direction of the basket.



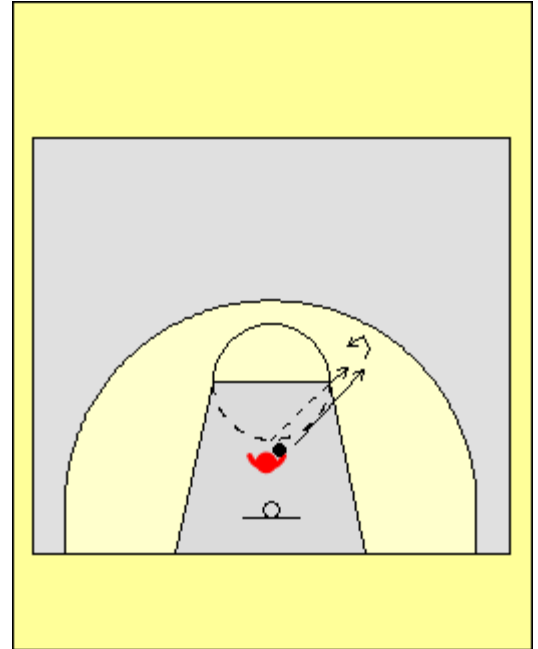
## One player toss

The player starts with the ball with his / her back to the basket. The ball is tossed with an under hand toss, The players runs out following the toss and catches the ball. Pivot and shoot the ball.

### Load the drill

- ❑ mix up the spot
- ❑ mix up the distance
- ❑ mix up the pivots
- ❑ add fakes before shooting
- ❑ fake and drive
- ❑ fake and dribble jump shots
- ❑ toss the ball moving on an angle to the basket
- ❑ Follow and finish the missed shot

This is a good drill in which the players practice visualizing their defenders. To turn it into a conditioning work out the player should be in constant motion. .



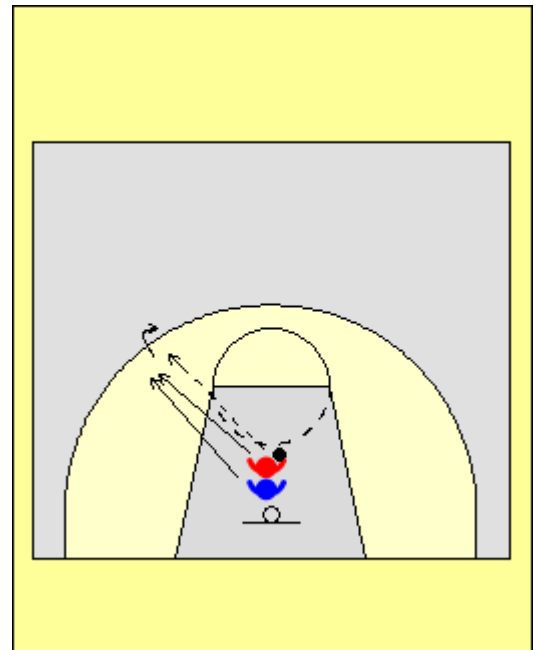
## Two player toss drills

**Toss with a guided defender** - the first player tosses the ball and pivots to look at the basket. The second player gives a defensive guide

- ❑ over play right - drive left
- ❑ over play left - drive right
- ❑ sag, hands down - shoot

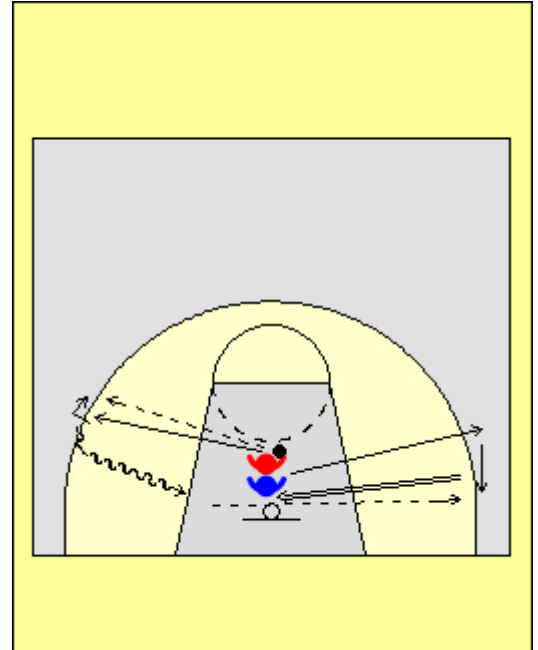
### Load the drill

- ❑ **Bull dog** - this is an old drill from Al Yarr a former National team coach. The player tosses the ball and pivots to face the second player putting tremendous defensive pressure on the ball. The offensive player must use pivot and protect the ball. After 4 seconds the offensive player must beat the defender to score.
- ❑ Play live 1 on 1



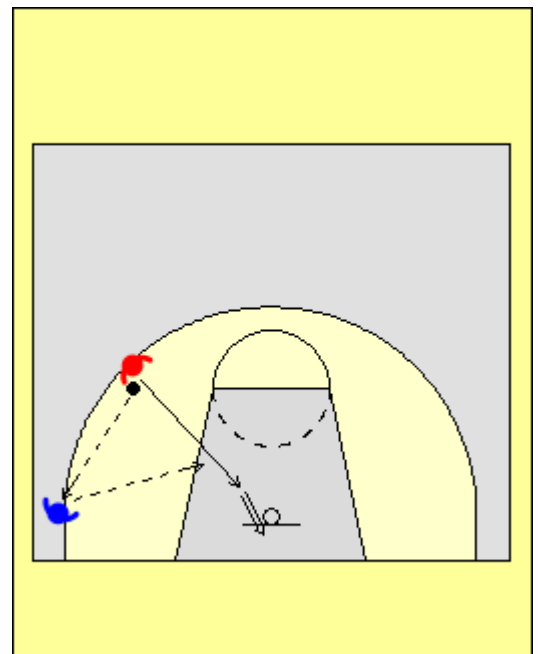
### **Toss penetrate pass**

The first player tosses the ball while the second player finds complementary space. The player pivots and attacks the basket. The second players move to appropriate space to receive a pass for the shot.



### **Toss pass and cut**

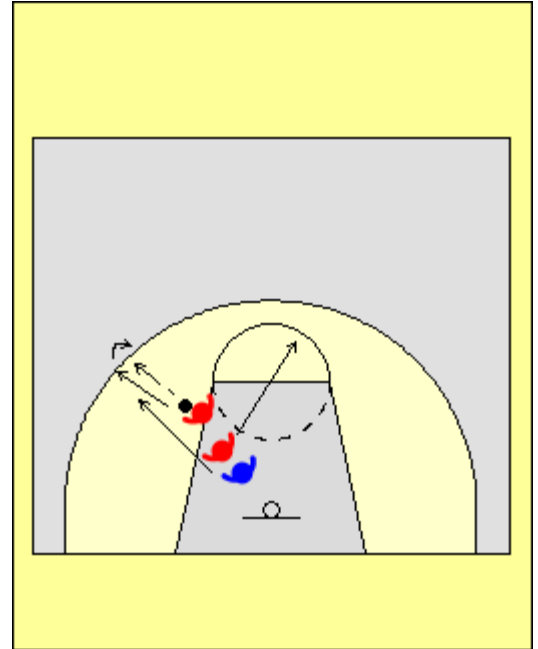
The first player does the same self toss. The second player cuts to an adjacent space. The player with the ball pivots and passes the ball to the second player. This player immediately speed cuts to the basket and receives a return pass.



## Three player toss drills

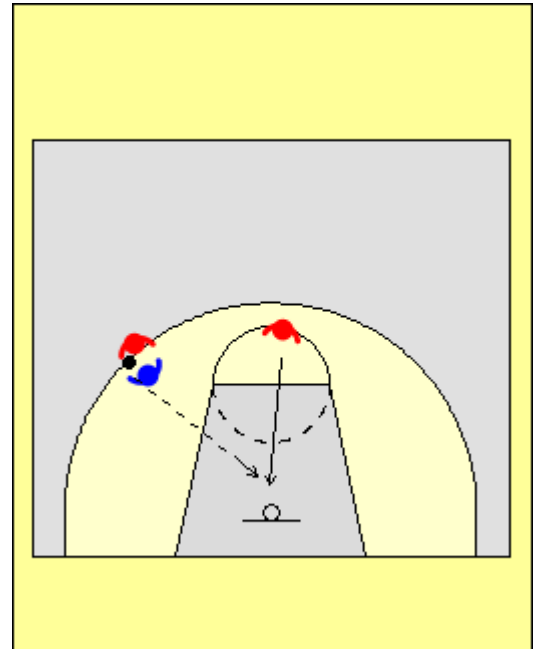
### Toss attack the open basket

The players line up three in a row. The first two players are on offense the last player is a defender who randomly guards one or the other.



### Guard the ball handler

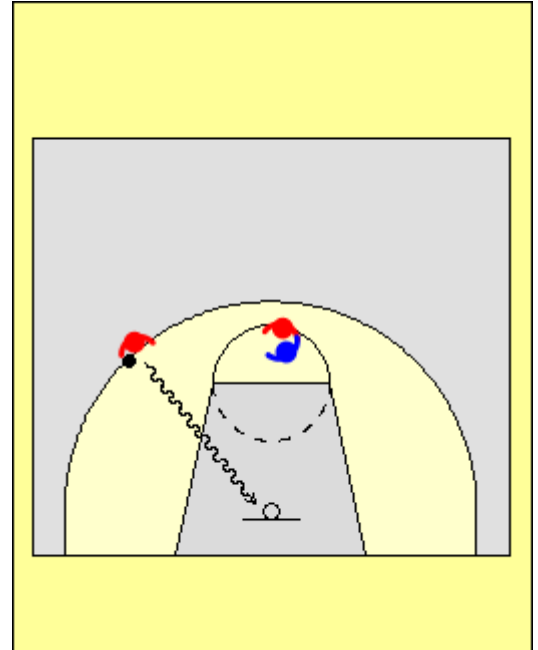
The player without the ball must recognize the open basket and make a basket cut. The passer must deliver the ball vs. pressure.



### **Guard the second player**

The player with the ball recognizes the basket is open and attacks with a dribble for the score.

These two drills are very important for younger players to master.

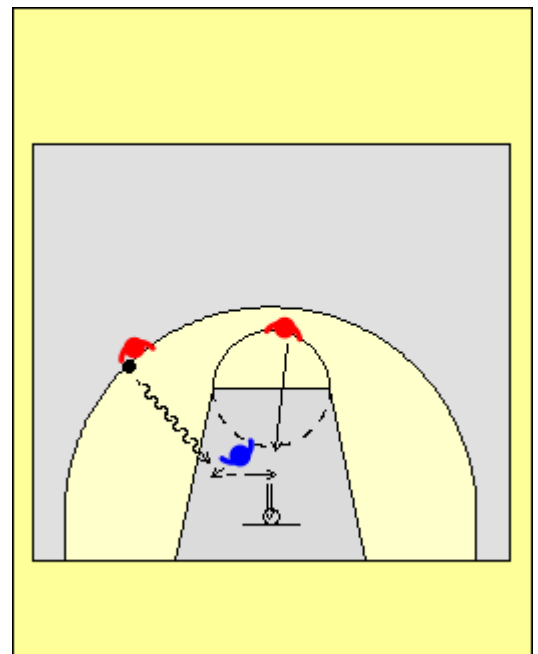


### **Toss to 2-1**

The drill is initiated the same as the previous drill. This time the defender guards the basket. The ball handler recognizes the situation and attacks the basket through the baseline shoulder of the defender. The other player attacks the basket through the shoulder in the middle of the floor. The ball handler reads the defenders chest. No chest score the ball, a chest appears pass the ball.

### **Load the drill**

- work from different spots
- the defender can do any three things: guard the ball, guard the other player, guard the basket



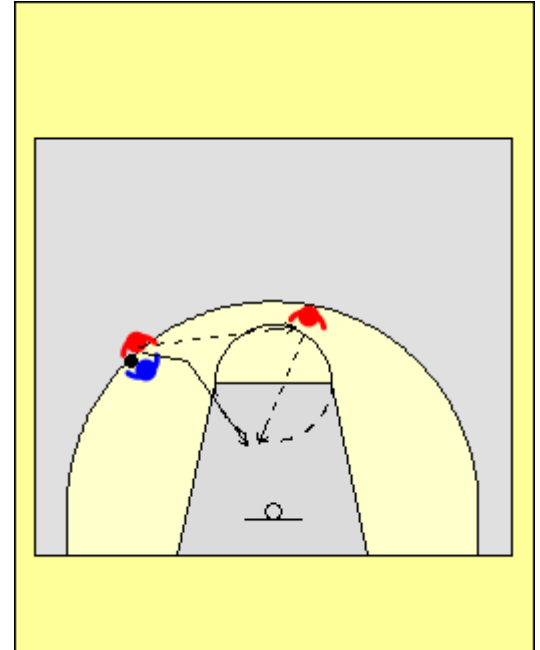
### **Toss pass and cut with defensive pressure on cutter**

The drill begins with the same tossing action. The defender guards the player with the ball. The second player cannot cut to the open basket. The player with the ball passes the ball to the second player and must make a basket cut:

- ❑ face cut in front of defender
- ❑ back cut behind the defender
- ❑ fake and then cut

The passer is working on passing to space and leading the player to the basket.

The defender is working on putting pressure on the ball, jumping to the ball and defending the give and go.

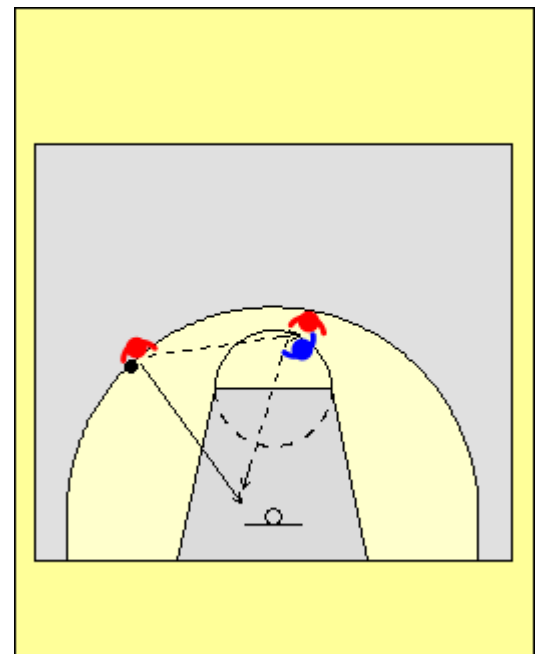


### **Toss pass and cut with defensive pressure on passer**

Now the defender guards the pass receiver. The ball handler passes the ball and cuts to the basket. The second player must make the pass vs. pressure.

#### **Load the drill**

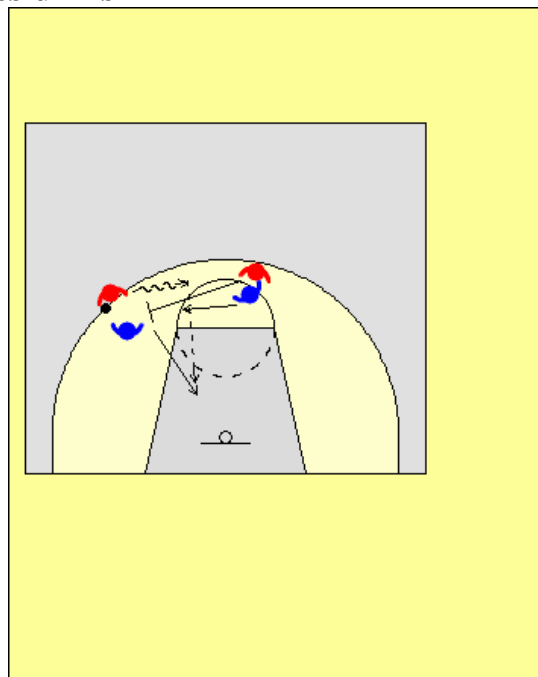
The defender works on denying the pass to the second player.



### Four player toss drills

These drills lead into to 2 on 2 situations. Working on attacking live defense with two player concepts:

- ❑ give go
- ❑ dribble hand offs
- ❑ picks
- ❑ penetration and pass

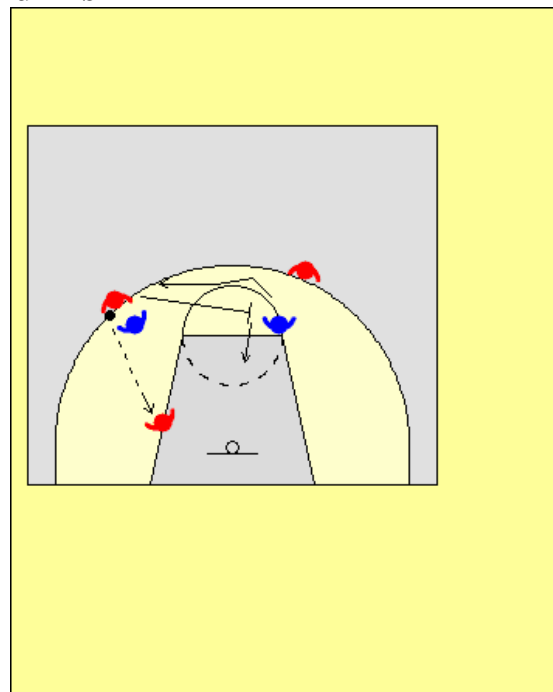


### Five player toss drills

With five players you can work on 3 on 2 situations:

- ❑ perimeter movement off and open post
- ❑ pass and screens away from the ball.

By starting with the toss the players must make decisions on spacing and timing. When we start in static situations the players often take for granted this very important decisions. They very often just follow the pattern of the player who went before them.



### Six player toss drills

These drills lead into playing three on three.